

DEPARTMENT OF RECREATIONAL AND PHYSICAL EDUCATION.

GOVERNMENT OF BRITISH COLUMBIA.

SECOND LEADERS' COURSE IN VICTORIA, B.C.

WOMEN ONLY.

JULY 13TH--AUGUST 14TH.

1936.

<u>MONDAY.</u>	9 to 10:15 a.m.	Physical Education Practice.
	10:30-11:00 a.m.	Physical Education Theory.
	11:00-12:00 a.m.	Dancing--Folk and Rhythmic.
<u>TUESDAY.</u>	9:00-10:15 a.m.	Physiology.
	10:30-11:30 a.m.	Dancing---Tap and Ballet.
	11:30-12:00 a.m.	Games.
<u>WEDNESDAY.</u>	9:00-9:40 a.m.	Physical Education Theory.
(Crystal	10:00-11:30 a.m.	Swimming.
Garden.)		
<u>THURSDAY.</u>	9:00-10:15 a.m.	Physical Education Practice.
	10:30-11:00 a.m.	Physiology.
	11:00-12:00 a.m.	Dancing--Tap and Ballet.
	2:00--4:00 p.m.	Royal Athletic Park.
<u>FRIDAY.</u>	9:00-10:15 a.m.	Physical Education Practice.
	10:30-11:00 a.m.	Hygiene.
	11:00-12:00 a.m.	Tap and Folk Dancing.

Fundamental Gymnastics:

Floor Exercises.  
Passive Exercises.  
Bench Exercises.  
Stall Bar Exercises.

Special Activities:

Springboard Vaulting.  
Vaulting without Springboard.  
Mat tumbling and Acrobatics.  
Springboard Tumbling.  
Flying Rings.

Health:

Elementary Anatomy, Physiology,  
and Hygiene.

Dancing:

Theory.	Tap.
Rhythmic.	Folk.

Games:

Group games with and without  
apparatus.



## V A U L T I N G

By: Mr. Jerry Mathisen.

VAULTING, with and without a springboard has proven to be one of the most popular activities in our Provincial Recreation Centres, as it is adaptable to beginners as well as being a real test for the advanced gymnast. Vaulting comprises a sequence of movements which have to be closely co-ordinated in speed, timing and force. It is primarily developing for the leg muscles, but co-ordination, strength, control and grace in general are also developed, and in the alighting ( I use the word landing later) the gymnast gets a wonderful training in balance.

The difference in physical abilities is more pronounced in vaulting than in any other apparatus work, and vaulting is therefore an excellent means of grading the members in groups according to their abilities.

Vaulting over buck, horse or vaulting box consists of four parts: 1. Sprint, 2. Take off, 3. Vault, 4. Landing.

The SPRINT must be accelerating with increased paces. The vault determines the sprint, which starts at attention position, a raising on toes as the body leans forward, a controlled accelerating run high on toe, loose and free arm swing, and fairly high raising of the knees, which must be brought straight forward and not at an angle.

The TAKE OFF is to be high on toe, the foot must, however not be held stiff, but must give so that the heels nearly touch the floor or springboard. In this manner only, can the strong leg muscles function fully. Double and single take off is used. The single take off however seldom comes into practice (flank-rear vault, thief vault).

The VAULT is the part between the take off and the landing. All vaults that can be practiced from both sides should be so executed. In most vaults the body must, at a certain moment, be stretched to the extreme, which stretch is held until landing. The head must be held high and the eyes raised upwards.

The LANDING should be controlled, easy, high on toe. Until the toes touch the mats, the knees and arms must be straight, an easy knee bend is then executed, dependent upon the force of the vault but never more than to right angle. Usual mistakes are that one lands either stiff-legged which causes a jar and possible kink in the back, or in a cramplike contraction of the muscles. When the landing takes place with support of one or both hands on the apparatus, the arms are lowered simultaneously with the heels.

Vaulting with high adjustable apparatus is very adaptable for men and women alike and for school boys and girls, and it should be encouraged wherever possible. This activity is widely used in the school gymnasias in Europe, and it is an activity which particularly appeals to the younger element. On the following pages will be found descriptions of a variety of vaults, which should be practiced with and without a springboard.

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## HORSE LENGTHWAYS

1. Cross-riding seat vault - front dismount left and right.  
Short sprint, double take off on toe. After quickly bringing the body erect, the hands are brought in to sides. From cross-riding seat, "chestroll" forward with dismount left or right. During the dismount the arms are straightened out. Dismount by the side of the apparatus, with the hand nearest the apparatus supporting until heels are lowered.
2. Squat vault to knee stand - dismount to front of apparatus.  
In knee stand position hands placed in front of knees dismount to place of "take off".
3. Straddle vault to cross riding seat well forward straddle off.  
Hands are placed well forward on the horse.
4. Squat vault to knee stand-with armswing to standing dismount to side.  
In the dismount, one leg swung to the side before springing from other leg.
5. Straddle vault to standing-dismount to side or front.  
In straddle knees bent or raised outside arms to standing-full stretch before dismount.
6. Straddle vault to cross-riding seat rear vault left or right.  
From cross-riding seat body leaning back-hands placed behind back-legs gathered together straight over apparatus-dismount to side.
7. Squat vault to standing - dismount side or front.
8. Straddle vault to standing - straddle off.  
In straddling off, the hands are placed well forward on the apparatus forceful push off with arms, legs straight, toes pointed.
9. Straddle vault to cross-riding seat - chest roll with scissors front vault left or right.  
In chestroll legs are crossed directly over apparatus with turn to cross-riding seat facing the opposite way.
10. Straddle vault to cross-riding seat-forward scissors rear vault L&R.  
The legs are swung forward upward as in rear vault-are crossed directly above apparatus-turn to cross-riding seat the other way.
11. Rear vault to cross-riding seat rear dismount left and right.  
Both legs swing up one side of apparatus till directly above same then cross-riding seat. The rear dismount should be executed as a continuation of the vault. If the legs are carried up on the right side of the apparatus, the rear dismount should be left.
12. Rear vault. Take off directly in front -with balance to the side of the dismount. The legs are carried straight with toes pointed up on one side, over and forward. When passing the apparatus the hips are straightened and the body given momentum forward with a strong armpush. Landing at far end of apparatus.



13. Forward roll to cross-riding seat - straddle off.  
As in a forward roll on the mat. Hips well raised, head well down to the chest, back rounded, the legs are parted to cross-riding seat. (Legs must be straight).
14. Forward roll - short arm spring.  
After cross-riding seat, hands are placed at far end of apparatus - chest-roll - short arm-spring (bent arms) forceful push off with arm, dismount with back to apparatus. May also be executed with full armspring (straight arms). Beginners may support themselves with the elbows at their sides.
15. Straddle vault to standing - hand-spring off.  
One foot is placed forward - the hands at the far end of the apparatus, legs swing up to momentary handstand. The arms are slightly bent in the dismount. The handspring may also be executed with double take off. (Dive handspring).
16. Rear straddle vault to cross-riding seat, straddle off.  
As take off and landing are on the same spot, this vault is not for springboard use.
17. Rear straddle vault to cr.-ri.seat-back roll off.  
Hands are grasping far end of apparatus in the back roll. May also be executed with extension roll (through momentary handstand). Hands are supported on apparatus until the heels are lowered.
18. "Frog" vault. Straddle vault to squat sitting position, immediately followed by quick stretching of legs and body with jump forward over the apparatus. Momentum is added by a forceful armswing.
19. Squat vault with high straddle vault.  
Squat vault on to apparatus followed by high dive forward, hands placed on far end of apparatus straddle off. The arms must be used quite forcefully in the straddle in order to avoid bending of the hips. This vault may be elaborated on by using two pieces of apparatus, furthermore in order to gain height, a rope may be held over which to dive.
20. Rear vault right with half or full turn right (or left).  
As in 12, with landing facing side of apparatus - with full turn facing the opposite way from sprint. Hands supported until heels are lowered.
21. Rear vault R. with half turn L. - Rear vault L. with half turn R.  
Landing with back against apparatus.
22. Rear vault R. with full turn L. - Rear vault L. with full turn R.  
Landing facing directly opposite the sprint. When directly over the apparatus in the rear vault the hips must be quickly straightened out in order to get the full turn.
23. Straddle vault. (Dive). Dive to place hands on the far end of the apparatus, feet together until hands are placed, then straddle - straight legs and toes pointed, head must be held high.



- 23a. Straddle vault. Immediately after take off, the hands with a vigorous push straighten body to erect position, head held high, arms by the side, legs straddling just enough to clear the horse. This is a difficult vault and requires great speed, force and control.
24. Squat vault over. The hands are placed on far end of horse, knees hooked well up between the arms, but the body must be stretched to full height immediately the apparatus is passed.
25. Squat vault. With hands placed on forward end. As above. Very difficult vault, only for advanced.
26. Fish vault. As squat vault in 25., but with straight hips, slight bend in knees allowed. Only for very advanced.
27. Fish vault with hands at far end. As above.
28. Handspring (flying). Forceful sprint, with high dive up and forward, hands placed on far end of apparatus. The arms give somewhat in landing, but are brought to stretch position before dismount.
29. Cartwheel. Forceful sprint, high dive, cartwheel as on mat.
30. Jump to handstand - walk - dismount. Dismount may here be varied as in handspring. Cut with legs between arms, or cut with legs outside (straddle) or through Shortar.

#### HORSE CROSSWAYS

1. Vault to side-rest, dismount forward. Swing legs up, left or right to side rest, body straight, side against apparatus supported on one arm. The uppermost leg swings slightly up and forward and the supporting arm pushes off; dismount forward with back against apparatus.
2. Squat vault to knee stand, squat through. In knee stand position the knees are slightly bent and with a quick stretching and a forceful swing of the arms, the dismount is completed.
3. Straddle vault to straddle position; leap forward. (This vault is preparatory to straddle vault over) As the body is straightened the legs are brought together, take off and leap forward.
4. Straddle vault. (One supporter facing the apparatus) The important part in order to effect a proper vault, is the timing between the take off, and the push off with the hands, in this as in most vaults. The push off with the arms must be very forceful in order to bring the body erect.
5. Squat vault to standing, leap forward. Legs are brought up between the arms. With quick straightening of knees and hips leap forward.



6. Squat vault. Forceful push off with arms; the body must be straightened immediately when past the apparatus.
7. Rear Vault. (Both sides).  
After take off both legs swing up to the left (legs straight and toes pointed), the body turns to the left so that the back is against the apparatus, bent at the hips. The right hand pushes off and the left hand is supporting until landing. Must be practiced both sides.
8. Rear vault with half turn.  
As above. If rear vault to the left the turn is to the left, if rear vault right the turn is to the right.
9. Rear vault with full turn. Same applies as above.
10. Side-rest vault. Take off close to apparatus, both hands placed straight on same. The body swings up to the side supported on one hand, legs together. The supporting hand pushes off, dismount forward with back towards apparatus.
11. Side -rest vault with turn. (as in 10).  
If the vault is to R. the turn is to L., and vice versa. Avoid legs apart and bent arms & hips.
12. Front vault.  
The hands are placed straight on the apparatus, and the body swings up as to handspring, at 45 degrees however, the upward movement is cut short by a vigorous push off from the one hand. Dismount with side towards apparatus, and support of one hand.
13. Front vault with half turn.  
As in rear vault with turn. The turn is executed inwards so that both hands rest on the apparatus in the dismount.
14. Front vault with full turn.  
As in 13., with turn continued so that the side is nearest the apparatus. (12, 13, and 14 must be practiced from both sides. If the vault is to the right, the turn is to the right.)
15. Handspring. (Longarm).  
After take off, hips raised, legs together and arms slightly bent. Keep the weight of the body well forward. The vault should come through a momentary handstand. In the dismount the arms should be slightly bent, but the arms are again straightened forcefully to bring the body to erect landing on the mat.
16. Handspring with squat cut.  
In the dismount the body (shoulders) must be leaning well forward; the legs are brought down between the arms, and a very forceful push with the arms is required to bring the body erect. (For advanced only, and the helper must stand on the side, grasping one arm of the performer, and placing the other hand under the performer's shoulder).
17. Handspring with straddle cut.  
As above, but legs are brought down outside the arms; legs must be straight.



18. Fish vault. (for advanced only).  
Helper must place himself in front of apparatus as in "tiger vault". Good sprint and exceptional hard and forceful push off with hands is necessary. The body is carried with legs trailing between the arms; a slight bend in the knees is permitted.
19. Handspring with half turn inwards.  
If turning to right the left hand must be placed slightly forward, with a push of the arms the body is pivoted, and the landing is executed with both hands on the apparatus.
20. Tiger vault (Swan).  
The assistant must have a firm stand in front of apparatus, one foot further advanced than the other. Good sprint, head and shoulder held high, arms sideways, back well arched. Beginners should support themselves by placing their hands on the shoulder of the assistant. For ladies, or when the vault is well executed, the assistant should grip the hips.
21. Head spring. As handspring, with head supported on the apparatus.
22. Combination : Elbow - Head & Hand-Stand.  
Vault to elbow stand, slow change to head stand, press up to handstand. Dismount may be varied: squat cut, straddle cut, short arm dismount.
23. Thief vault.  
Is performed as a gymnastic jump. Take off with one foot; legs are preceding the body over the apparatus (straight legs and toes pointed). As the body passes the apparatus the hands reach down and a vigorous push is given by the arms. Landing with back against apparatus.

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The vaulting exercises listed in this section may supplement a gymnastic lesson or may be used for an entire class period.

This form of activity is not necessarily used to train the muscles or to give the joints more mobility, but to increase and test the power to control and co-ordinate acquired flexibility and strength. The jumps, deep springs, and light landings involved in many of the floor exercises, are a contributing factor in the execution of the vaults.

Although not necessary, it is advisable to begin with simple vaults using multiple apparatus, and progress to the more difficult exercises as the proficiency of the class increases.

The class may be in rank formation so that as many as possible start on the same signal and perform the same jump.

By this arrangement, individual criticisms and admonitions are possible. It is also a help to the more timid, less agile members, for turns come often and they do not feel so self conscious.

This is an introduction to squad organization which is very popular in the Provincial Recreation Centres.

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## ACROBATICS & TUMBLING - TAP & BALLROOM DANCING -GIRLS

By Molly Edwards.

### ACROBATICS AND TUMBLING

Ballet positions of 1. Fingers, 2. Arms, 3. Feet, 4. Combine.  
Exercises which will strengthen the abdominal muscles.

Tuck Positions: 1. Roll-Pull & Up, 2. Roll-Pull & Backward over.

Combine Acrobatics & Tumbling with Limbering.

FOUNDATION: (singles) Forward & Backward Rolls.

PRELIMINARY STUNTS: Handstand & Back Bend. - Diving - Cartwheels -  
Round Offs - Head Stand - Elbow Stand -  
Handstand-Forward Roll - Chest Roll -  
Fish Flop.- Back Bend & Variations.  
Front & Back Walkovers - Chest Rolls.  
Head & Hand Springs.

(Finish with one Elementary single Routine based on above)

Doubles and Triples: Rolls - Cartwheels - Pull Overs --.

Group Activities: Skin the Snake - Diving - Pyramids.

### T A P D A N C I N G

Four kinds of Tap: 1. Toe, 2. Heel, 3. Ball, 4. Down.

Four Positions of Tap: 1. Cross, 2. Front, 3. Side, 4. Back.

FUNDAMENTALS: Tap - Brush - (Shuffle-Pick Up-Rattle(even or uneven)).  
Change - Shift - One - Step.  
Brush - Down - Two.  
Three - Triple etc. 4/4-3/4 or 2/4 time.  
Four - Three + Step  
Seven- Three + Four.  
Chug - Hop etc.

Waltz Time Step: Single - Five -- Double-Six -- Breaks.

Time Step (Buck): Single - Double - Triple - Breaks.

Time Step (Soft Shoe): Triple.

Waltz Tap - 3/4 time -- Buck & Wing 4/4 time -- Soft Shoe 6/8 time.

### R O U T I N E S .

#### BALLROOM DANCING.1.

Ballroom Dancing is educative, socializing, and physically wholesome.

#### ETIQUETTE

#### POSTURE

Dancing Positions: 1. Closed, 2. Open, 3. Side to side.

Commencing the Dance: 1. Balancing, 2. Gentleman steps forward on L.

RHYTHM = Time & Beat of Music.

W A L T Z : 1. Glide, 2. Waltz Step, 3. Turn, 4. Variations.

FOX-TROT: 1. Glide, 2. Two Steps, 3. Turn, 4. Variations.

TANGO: 1. Simple, 2. Variations. ONE STEP. MEDLEY: Variations.

OLD TIME DANCING: Heel & Toe Polka, Minuet, etc.

NOTES: Leading, Following, Variations of Steps, etc.

Relaxation & Smoothness while dancing are important.



# S W E D I S H     G Y M N A S T I C S

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By: Joan Horsfield.

## INTRODUCTION:

Run in single file. Three steps one hop, (as in Peasant's Polka). Up in sixes or eights, marching. Take distance coming up. 2...Arms sideways as soon as in position. Wrists flex until everyone in place. Then. 1...Clap hands in front. 2...Crouch position, touching floor with fingertips, head erect.

3...Rch.Std.St.

4...Crouch.

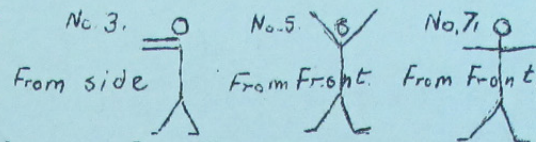
5...Str.Std.St.

6...Crouch.

7...Yd.C.Std.St.

8...Crouch.

9...Recover.



ARCH FLEXION: Neck rest. Left toe touch floor in walk A. T flex three times. Last time fall then raise. 2 A.Str. Then three bobbings to left toe. T raise, neck rest, with a hop feet change. Repeat ex.

R.Foot in front.

HEAVING: 1. 2 A sideways to left. Right foot sideways. 2. Swing 2 A to right. 3. Swing 2 A to left. 4. Swing R arm to R. Counts 5-6-7-8- Arms circle forwards and upwards on 8 jump in the air landing feet together arms high Yard V for no.1's and low Yard V for no.2's. Counts 9-10-11-12- Change the arms slowly from Low to High Yard V. Repeat arms to R leg to L.

BALANCE: 1.Circle, toe stand.2.2 A sideways. No.1's take curtsey sit position. No.2's curtsey stand.Counts 3-4-5-6-7-8. Change from curtsey sit to curtsey stand positions. Arms between sideways and circle. On 8 all curtsey sit. 9.Crouch. Change from crouch to forefoot stand to six counts.

DORSAL: Long sit. Place L hand, palm up on outside of R ankle, then swing R arm fwd and upwd hitting L hand in passing and circle bkwrds making figure of 8, arm stiff. Repeat the Fig. 8 five times continuously hitting L hand each time and immediately after take Yd c. cross-legged sit. Touch floor on either side then clap above head and repeat alternately 6 times. Alternate lines clap hands first and touch floor after. Change without pause to long sit, with R hand on outside of L ankle. Repeat Fig. 8. swing six times the cross legged sitting movements. Take crouch position to finish.

ABDOMINAL: 1. Stoopfall. 2 Turn into long sitting by lifting L hand off floor. Now the class is facing rear. 3. L leg raise and lower. 4.R leg raise and lower. 5 Both legs raise. 6 Hold back and raise up. 7 Drop into long sit. 8 Turn into stoop fall. Crouch and stand.

LATERAL TRUNK: 1. Yard C.(Arms sideways)Stride stand. 2 Bend L leg into lunge position to L. 3 Trunk bend to L. 4 R arm neck rest. 5 R arm stretch. 6 Trunk raise. 7 Turn to L into lunge position. 8 Two arms bend. 9 Clap in front. 10 Swing arms sideways bringing weight unto both legs facing front. Repeat other side starting R.





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